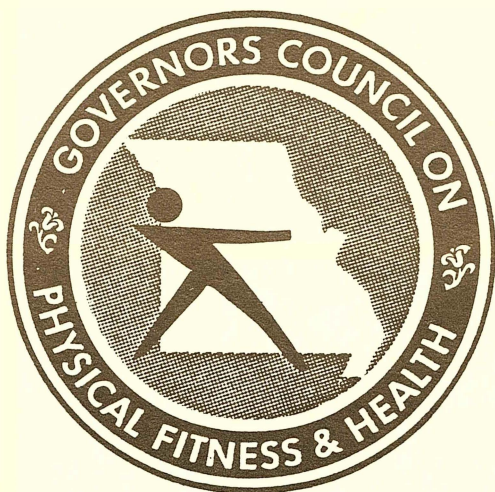


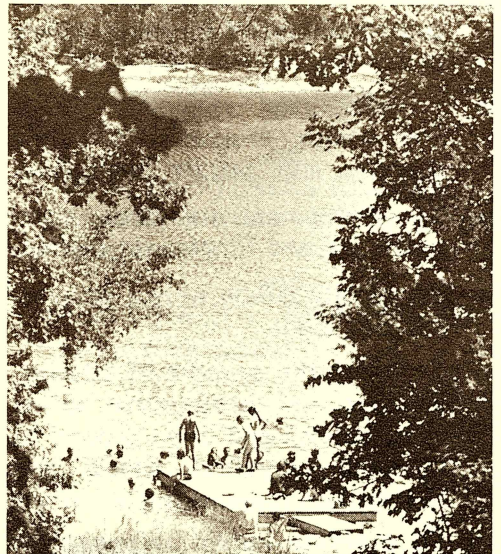
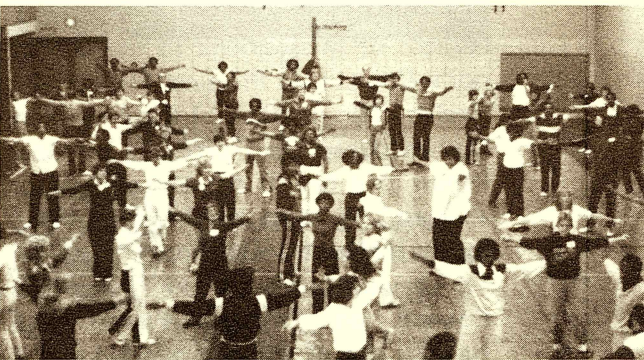
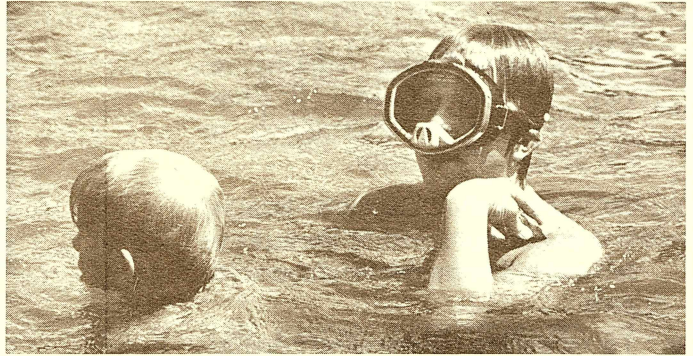
# **Governor's Council**



## **On Physical Fitness and Health**

# Mission

The responsibility of the Governor's Council on Physical Fitness and Health is to encourage and promote physical fitness and health for Missourians of all ages.



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## Be Active - Be Fit

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# Council Objectives

- To develop, foster and coordinate services and programs leading to improved physical fitness and health for the people of Missouri.
- To sponsor physical fitness and health workshops, clinics, conferences, and other educational vehicles.
- To stimulate fitness research, review selected research findings, and disseminate information to the people of the state.
- To assist other agencies, groups, and institutions within Missouri to serve the fitness needs of our citizens.
- To recognize outstanding developments and achievements in, and contributions to physical fitness and health.
- To encourage employee fitness and health programs in public agencies and private companies.
- To disseminate standards, competencies, and fitness information.
- To initiate public service advertising campaigns.
- To enlist the support of citizens, amateur and professional sports associations, and civic groups to promote physical fitness and health.
- To promote public awareness of the value of regular physical exercise and proper nutrition on personal well-being and health.
- To promote quality school health and physical education programs.



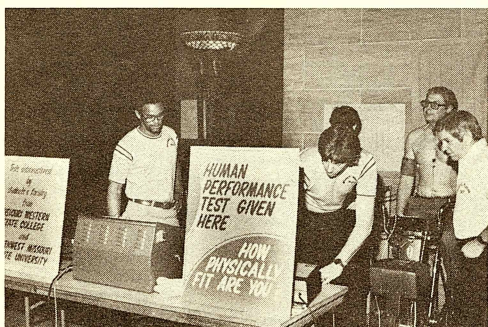


## **History of the Council**

After receiving recommendations from the Missouri Division of Health of the Department of Social Services, Governor Christopher S. Bond in May 1982 named 19 Missourians to the Governor's Council on Physical Fitness and Health. The mission of the council is "to encourage and promote physical fitness and health for Missourians of all ages." Support has been provided by the Missouri Division of Health. To provide funds for the Governor's Council on Physical Fitness and Health, the Missouri Foundation for Health, Fitness, and Sports has been created by the council. Tax-deductible contributions are being accepted.

# The Council . . .

- SPONSORS events and programs created and conducted solely by the council.
- CO-SPONSORS events and programs with one or more organizations. In advertising the events and programs, the name and logo of the council is used. And the council may financially support the program.
- ENDORSES events and programs. The name and logo of the council may be used in such advertising.



## AFFILIATED WITH:



President's Council on  
Physical Fitness & Sports



National Association of  
Governors' Councils on  
Physical Fitness & Sports

# Council Projects

A number of the council projects are ongoing. Others will be replaced with new projects as the council identifies and meets the fitness needs of the citizens of Missouri.

## THE COUNCIL CO-SPONSORS EVENTS such as:

### FALL FITNESS FESTIVALS

Health screenings for individuals made available to improve the health and fitness of participants;  
and

### GOVERNOR'S CUP RUN/WALK

Events held to promote cardiovascular fitness for all ages.

## THE COUNCIL ENDORSES EVENTS such as:

### SENIOR OLYMPICS

To encourage fitness and sports participation of citizens 55 years and older;

and

### HEALTH FITNESS CLINICS

Ongoing physical fitness/exercise programs;

and

### GOVERNOR'S FITNESS DAY

at the state capital.

**For more information contact:**



**The Governor's Council  
on Physical Fitness  
and Health**

**P.O. Box 570**

**Jefferson City, Mo 65102**



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